

VISIONARY mentoring group

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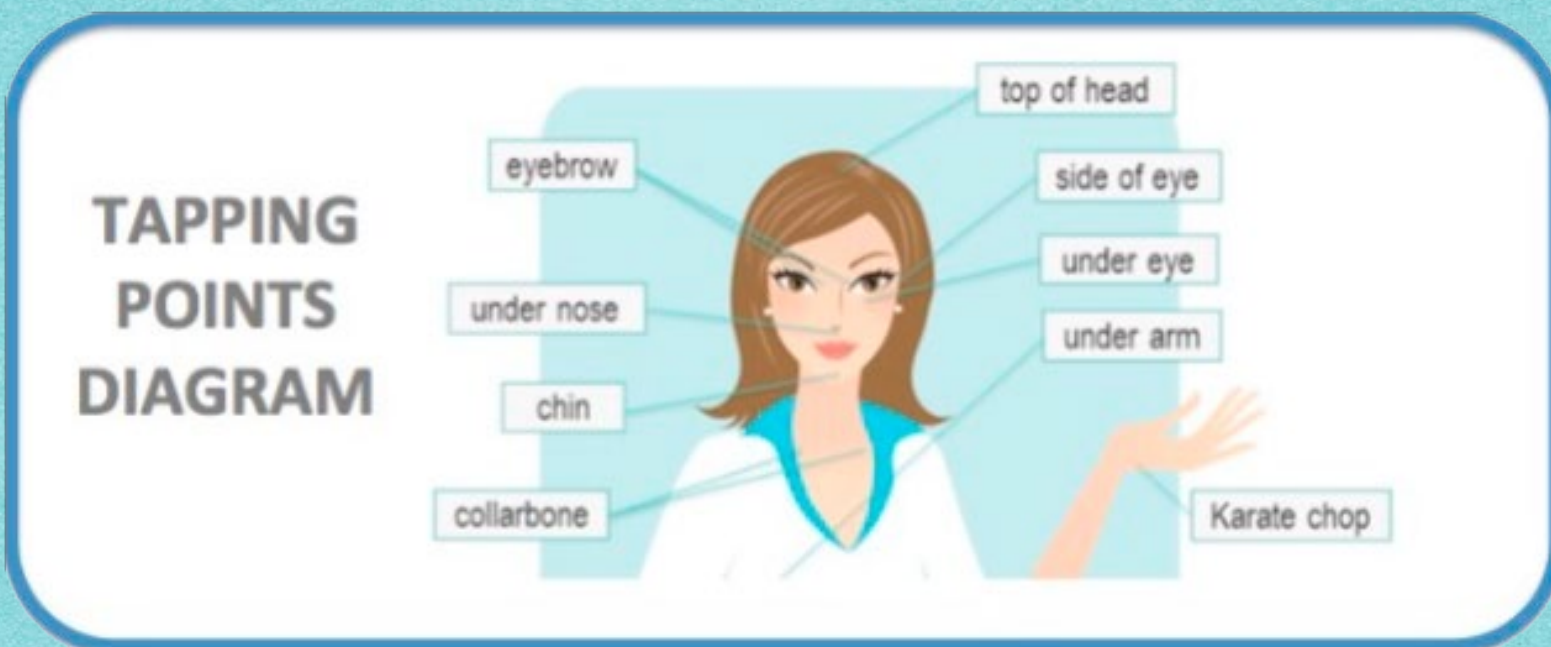
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TAP INTO YOUR GREATNESS!



Release your fear and allow your Inner Spark to guide you.

With 2 fingers begin to tap. Start at eyebrow, move to the side of eye, under eye, under nose, chin, collar bone, under arm and finish the round on top of head.

[CLICK HERE](#) to learn how to tap in an exclusive video from Michelle!

EMOTIONAL FREEDOM TECHNIQUE: tapping instructions

- » Begin by rating your problem or fear from 0-10 (zero being no fear and 10 the most intense).
- » Create a set up phrase that includes your problem (fear). Include a reframed thought of love and acceptance to rewire your brain and rid yourself of any judgement about the issue.
- » Taking personal responsibility for your own well being, gently begin to do the karate chop and repeat the set up statement three times.
- » An example statement would be “Even though I have fear of failure, I deeply & completely love and accept myself”.

Tapping is activating each meridian point while having an HONEST & deeply soulful chat with yourself. Take a deep breath in and out after each round and re-rate the intensity level of your problem. Continue to do as many rounds as necessary until you feel the positive changes. Ask yourself why it feels safer to stay the same? Who will you become if you remove fear and anxiety? These questions will help identify where you are storing your fear and allow you to create a new truth.

WHY TAPPING WORKS

- » Tapping is like Energy Accupuncture without the use of needles. By tapping the meridian points on your body you can shift energy & release psychological stress and physiological pain.
- » Everything is energy~ your mind, body, thoughts, things, relationships, work & money are all energy.
- » When you remove energy blocks, you make room for positive changes, improved health & abundance.
- » This restores the natural flow of energy in your body. It allows your mind, body and spirit to connect and function at a high level of clarity and can resume your natural healing abilities.





FIND YOUR INNER SPARK

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